1. A composition comprising a pharmaceutically acceptable ingestable solid formulation comprising tranexamic acid and at least one agent that modifies the release of tranexamic acid from the formulation in the gastrointestinal tract.

2. The composition of claim 1 wherein the agent retards the rate of tranexamic acid release from the composition in the stomach and intestine.

3. The composition of claim 1 wherein the agent substantially prevents tranexamic acid release in the stomach.

4. The composition of claim 1 wherein the agent substantially prevents release of tranexamic acid at a pH < 5.5.

5. The composition of claim 1 wherein the agent comprises at least one of a wax, a polymer, or a time-released matrix.

6. The composition of claim 1 wherein an amount of tranexamic acid is in the range between about 375 mg to about 1 gram.

7. A composition comprising tranexamic acid in a pharmaceutically acceptable modified release ingestable formulation.

8. The composition of claim 7 in a delayed release tablet.

9. The composition of claim 7 in an extended release tablet.

10. The composition of claim 7 wherein the formulation is chosen from at least one of a tablet, a capsule, a granule, a powder, a pellet, a dragee, a troche, a non-pareil, a sachet, and a pill.

11. A composition comprising tranexamic acid in an ingestable solid pharmaceutically acceptable formulation with at least one agent in an amount sufficient to provide extended release of tranexamic acid from the composition.

12. The composition of claim 11 wherein the at least one agent reduces the rate of tranexamic release from the composition.

13. The composition of claim 11 wherein the rate is substantially uniformly reduced.

14. The composition of claim 11 wherein the agent is selected from at least one of gel-forming polymers, hydratable polymers, water soluble polymers or water swellable polymers.

15. The composition of claim 11 wherein the polymers are selected from at least one of hydroxypropylcellulose, hydroxypropylmethylcellulose, carboxymethylcellulose, polyvinyl alcohol, polyvinylpyrrolidone, hydroxypropyl cellulose, hydroxypropylmethylcellulose, methyl cellulose, vinyl acetate/crotonic acid copolymers, methacrylic acid copolymers, maleic anhydride/methyl vinyl ether copolymers, derivatives thereof, and mixtures thereof.

16. The composition of claim 11 wherein a total concentration of the polymer is in the range of about 5% by weight to about 50% by weight of the composition.

17. The composition of claim 11 wherein a total concentration of the polymer is in the range of about 10% by weight to about 35% by weight of the composition.

18. The composition of claim 11 wherein a total concentration of the polymer is in the range of about 10% by weight to about 30% by weight of the composition.

19. The composition of claim 11 wherein the polymer is hydroxypropyl-methylcellulose.

20. A composition comprising tranexamic acid in an ingestable solid pharmaceutically acceptable formulation with at least one agent sufficient to delay the release of tranexamic acid from the composition until encountering a pH > about 5.5.

21. The composition of claim 20 wherein the agent is at least one of phthalic acid derivatives of vinyl polymers, phthalic acid derivatives of vinyl copolymers, hydroxyalkylcelluloses, alkylcelluloses, cellulose acetates, hydroxyalkylcellulose acetates, cellulose ethers, alkylcellulose acetates, and partial esters thereof, and polymers and copolymers of lower alkyl acrylic acids and lower alkyl acrylates, and partial esters thereof .

22. The composition of claim 20 wherein a total concentration of the at least one agent is in the range of about 1% by weight to about 20% by weight of the composition.

23 The composition of claim 20 wherein a total concentration of the at least one agent is in the range of about 5% by weight to about 12% by weight of the composition.

24. The composition of claim 20 wherein a total concentration of the at least one agent is about 10% by weight of the composition.

25. A therapeutic method comprising providing to a patient in need of tranexamic acid therapy an ingestable solid pharmaceutically acceptable formulation comprising a therapeutic dose of tranexamic acid and at least one excipient wherein the excipient retards tranexamic release in the stomach and substantially releases tranexamic acid in the small intestine thereby reducing the concentration of tranexamic acid in the stomach during therapy.

26. The method of claim 25 further reducing adverse gastrointestinal side effects of therapy.

27. The method of claim 25 wherein the at least one excipient controls release of tranexamic acid in the stomach.

28. The method of claim 25 wherein the at least one excipient retards release of tranexamic acid in the stomach.

29. The method of claim 25 wherein the therapeutic dose is in the range of about 375 mg tranexamic acid to about 1 gram tranexamic acid per dose.

30. The method of claim 25 wherein the dose is administered either three times a day or four times a day.

31. The method of claim 30 wherein the dose is at least two solid tablets or one sachet containing granules.

32. A therapeutic method comprising providing tranexamic acid therapy to a patient in need thereof in a pharmaceutically acceptable oral formulation comprising at least one excipient sufficient to result in a decreased stomach concentration of tranexamic acid after oral ingestion thereby decreasing at least one gastrointestinal adverse effect of said therapy.

33. The method of claim 32 decreasing a gastrointestinal adverse effect selected from the group consisting of nausea, vomiting, diarrhea, constipation, cramping, bloating, and combinations thereof.

34. The method of claim 32 provided to a patient having menorrhagia.

35. A method of reducing gastrointestinal adverse side effects comprising administering an effective amount of an extended release pharmaceutical composition comprising tranexamic acid and at least one agent that controls release of tranexamic acid from the composition in the gastrointestinal tract.

36. A method of reducing gastrointestinal adverse side effects comprising administering an effective amount of a composition comprising tranexamic acid in an oral administrable formulation selected from the group consisting of extended release, delayed release, and combinations thereof, wherein upon oral administration tranexamic acid is substantially released in the small intestine.

37. A method of reducing gastrointestinal adverse side effects comprising directing oral administration of an effective amount of a delayed release pharmaceutical composition comprising tranexamic acid and at least one agent that delays release of tranexamic acid from the composition until the small intestine.